

**CLAIMS**

- 1 - Use of spermine and/or spermidine in free or saltified form as active principle in the preparation of a composition for dietary, pharmaceutical or cosmetic use in humans for health and beauty of the skin and skin appendages, to combat ageing thereof.
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- 2 – Use of spermine and/or spermidine in free or saltified form as active principle in the preparation of a composition for dietary, pharmaceutical or cosmetic use in humans so as to improve at least one of the following properties of the human skin: hydration, elasticity, cell renewal.
- 10 3 - Composition for pharmaceutical or dietary or cosmetic use for administration in humans for health and beauty of the skin and skin appendages characterised in that it comprises as active principle spermine or spermidine or both, in free or saltified form.
- 15 4 - Composition for pharmaceutical or dietary or cosmetic use for administration in humans so as to improve at least one of the following properties of the human skin: hydration, elasticity, cell renewal, characterised in that it comprises as active principle spermine or spermidine or both, in free or saltified form.
- 20 5 - Composition according to claims 3 and 4, characterised in that it also comprises methyl sulfonyl methane or methionine, vitamin C, vitamin E, Vitamin B6, calcium d-pantothenate, d-biotin, zinc (as aminoacid chelate), copper (as aminoacid chelate), manganese (as aminoacid chelate) and a source of organic selenium.
- 25 6 - Composition according to claims 3 and 4, characterised in that it comprises:  
Methyl sulfonyl methane 200 mg  
Spermidine trihydrochloride 0.25-0.5 mg
- Vitamin C 60-90 mg
- Vitamin E (dl-alfa tocopherol) 33 mg
- Vitamin B6 (Pyridoxine) 3.7 mg
- Calcium d-Pantothenate 4 mg
- 30 d-Biotin 0.23 mg
- Zinc (as aminoacid chelate) 7.5 mg
- Copper (as aminoacid chelate) 1.25 mg

Manganese (as aminoacid chelate) 2.25 mg

Selenium (as Se yeast) 0.03 mg

7 - Composition according to claims 3 and 4, characterised in that it is suitable for oral administration.

- 5 8 - Composition according to claims 3 and 4, characterised in that it is suitable for topical administration, such as a lotion or cream.